

Keep Your Child Safe From Falls

Check Your Home For Safety

In Alberta, injuries from falls are the leading cause of emergency department and urgent care visits for children under age 5.

In 2022, children under age 5 were treated for injuries from these fall hazards:



1241

children were treated for injuries when they fell down the stairs.



3558

children were treated for injuries when they fell off a bed, chair or other furniture.



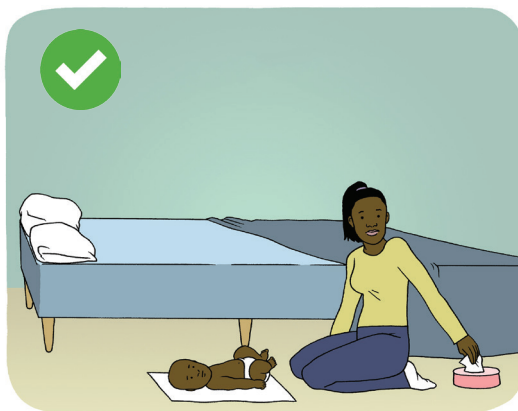
37

children were treated for injuries when they fell out of a window or balcony.

What can you do to prevent these falls?



Use wall-mounted gates at the top and bottom of stairs.¹



Actively watch your child. Make sure they are in a safe environment.



Use window guards or window stops.² Keep furniture away from windows.

¹ Only use pressure-mounted gates at the bottom of stairs. ² Window guards must open quickly from the inside in case of emergency.

Learn more about falls prevention at [MyHealth.Alberta.ca](https://myhealth.alberta.ca)
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